



Veggie Burger Pockets

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby arugula
- ☐ 1 small kirby cucumber thinly sliced
- ☐ 1 teaspoon mint leaves dried crumbled
- ☐ 2 large eggs
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 small clove garlic finely grated
- ☐ 4 servings kosher salt
- ☐ 0.5 cup nonfat greek yogurt plain

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon paprika hot
- ☐ 4 large pitas whole-wheat warmed
- ☐ 0.5 cup roasted peppers red jarred sliced
- ☐ 4 veggie patty frozen

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place the eggs in a small saucepan and cover with water by about 1 inch. Bring to a high simmer over medium-high heat and cook for 1 minute. Cover, remove from the heat and let sit 12 minutes.
- ☐ Drain the eggs and rinse under cold water, then peel and thinly slice. Meanwhile, cook the veggie burgers as the label directs.
- ☐ Whisk the yogurt, garlic, paprika, 2 tablespoons water, and salt to taste in a small bowl. In a large bowl, toss the arugula, roasted red peppers, cucumber, olive oil, mint, feta, and salt to taste.
- ☐ Cut 1 inch off the top of each pita to make an opening; stuff the pita strip inside the pita to reinforce the bottom. Stuff each pita with a veggie burger, some arugula salad and a few slices of hard-boiled egg.
- ☐ Drizzle with the yogurt dressing.
- ☐ Serve with pickles.
- ☐ Per Serving (does not include pickles): Calories: 426; Total Fat: 14 grams; Saturated Fat: 4 grams; Protein: 26 grams; Total carbohydrates: 51 grams; Sugar: 5 grams; Fiber: 9 grams; Cholesterol: 118 milligrams; Sodium: 1074 milligrams
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 PROTEIN **23.97%**  FAT **29.5%**  CARBS **46.53%**

Properties

Glycemic Index:62, Glycemic Load:33.63, Inflammation Score:-8, Nutrition Score:26.034348114677%

Flavonoids

Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 410.4kcal (20.52%), Fat: 13.39g (20.6%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 47.53g (15.84%), Net Carbohydrates: 41.88g (15.23%), Sugar: 2.63g (2.93%), Cholesterol: 106.09mg (35.36%), Sodium: 1311.54mg (57.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.97%), Vitamin B1: 2.07mg (138.19%), Manganese: 1.12mg (55.83%), Selenium: 27.64µg (39.49%), Folate: 146.18µg (36.54%), Phosphorus: 341.57mg (34.16%), Vitamin B12: 1.96µg (32.72%), Vitamin B2: 0.53mg (31.12%), Vitamin K: 30.05µg (28.62%), Calcium: 283.13mg (28.31%), Fiber: 5.65g (22.61%), Vitamin B3: 4.27mg (21.36%), Iron: 3.73mg (20.73%), Vitamin B6: 0.41mg (20.59%), Magnesium: 79.56mg (19.89%), Vitamin C: 15.79mg (19.14%), Vitamin A: 855.66IU (17.11%), Copper: 0.34mg (16.86%), Potassium: 542.07mg (15.49%), Zinc: 2.32mg (15.48%), Vitamin B5: 1.2mg (11.95%), Vitamin E: 1.08mg (7.21%), Vitamin D: 0.54µg (3.58%)